

Mushroom, Green Pepper, and Feta Breakfast Casserole

Yield: 9 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-green-pepper-recipe>

Ingredients:

- 8 ounces sliced mushrooms I used pre-sliced white mushrooms which didn't need washing
- 1 green bell pepper large, coarsely chopped into pieces about 3/4 inch square
- green peppers
- 2 teaspoons olive oil
- 3 green onions white and green parts, sliced, also called scallions
- 1 cup crumbled feta or more, to taste
- 18 eggs
- 1 teaspoon Spike Seasoning optional, but highly recommended
- ground black pepper fresh, to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 440 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 330 milligrams
9. Sugar: 3 grams

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